



Liberty University  
DigitalCommons@Liberty  
University

---

Basic Biblical Counseling

Center for Global Ministries

---

2009

## Basic Biblical Counseling Principles

Don Fanning

*Liberty University*, dfanning@liberty.edu

Follow this and additional works at: [http://digitalcommons.liberty.edu/cgm\\_bib\\_coun](http://digitalcommons.liberty.edu/cgm_bib_coun)

---

### Recommended Citation

Fanning, Don, "Basic Biblical Counseling Principles" (2009). *Basic Biblical Counseling*. Paper 1.  
[http://digitalcommons.liberty.edu/cgm\\_bib\\_coun/1](http://digitalcommons.liberty.edu/cgm_bib_coun/1)

This Article is brought to you for free and open access by the Center for Global Ministries at DigitalCommons@Liberty University. It has been accepted for inclusion in Basic Biblical Counseling by an authorized administrator of DigitalCommons@Liberty University. For more information, please contact [scholarlycommunication@liberty.edu](mailto:scholarlycommunication@liberty.edu).

# **Understanding to be an effective counselor**

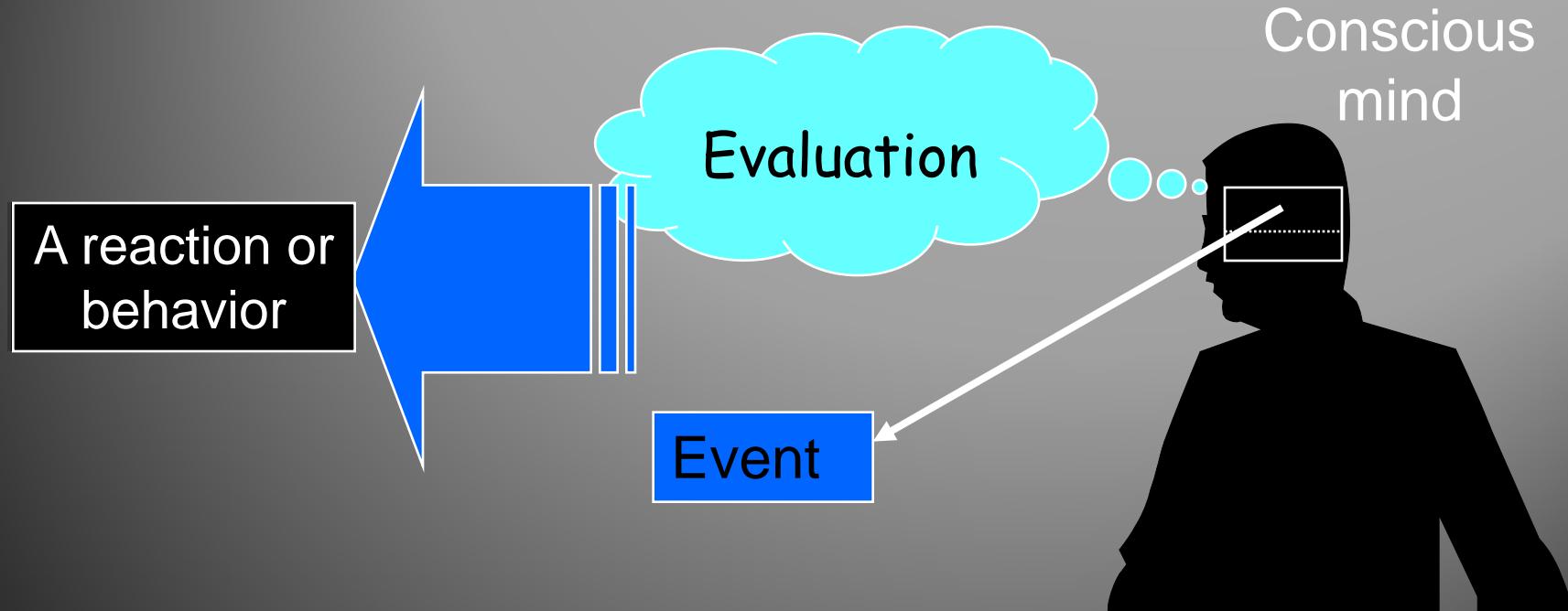
*Counseling is the application of wisdom  
to our personal problems. The primary  
source of wisdom is the Bible and the  
creative approaches to the application of  
its principles to lives.*

Principles presented here are adapted from Dr. Larry Crabb, *Basic Biblical Counseling*

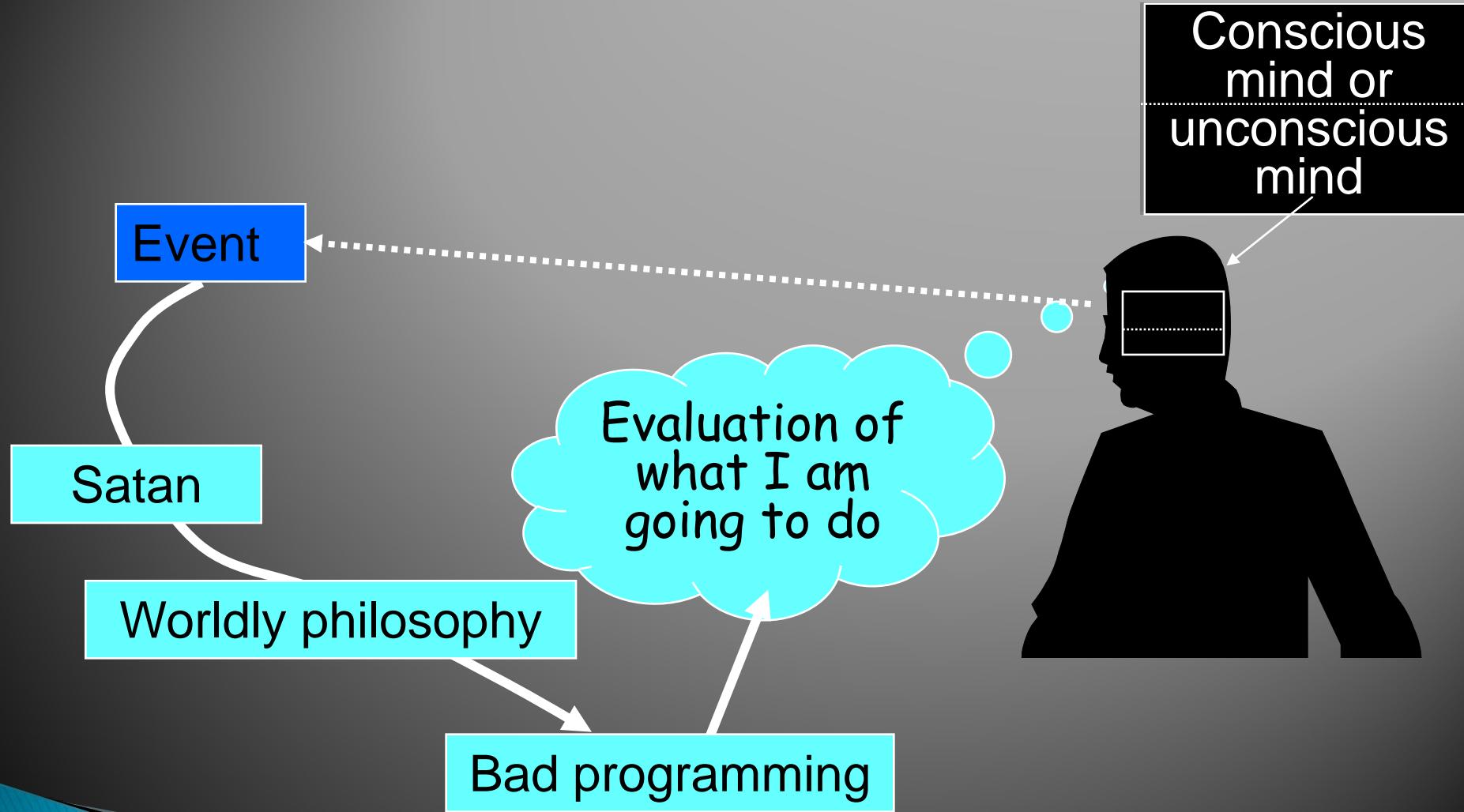
# Hierarchy of Needs



# Principles of how a person functions



# The process of unconscious decisions



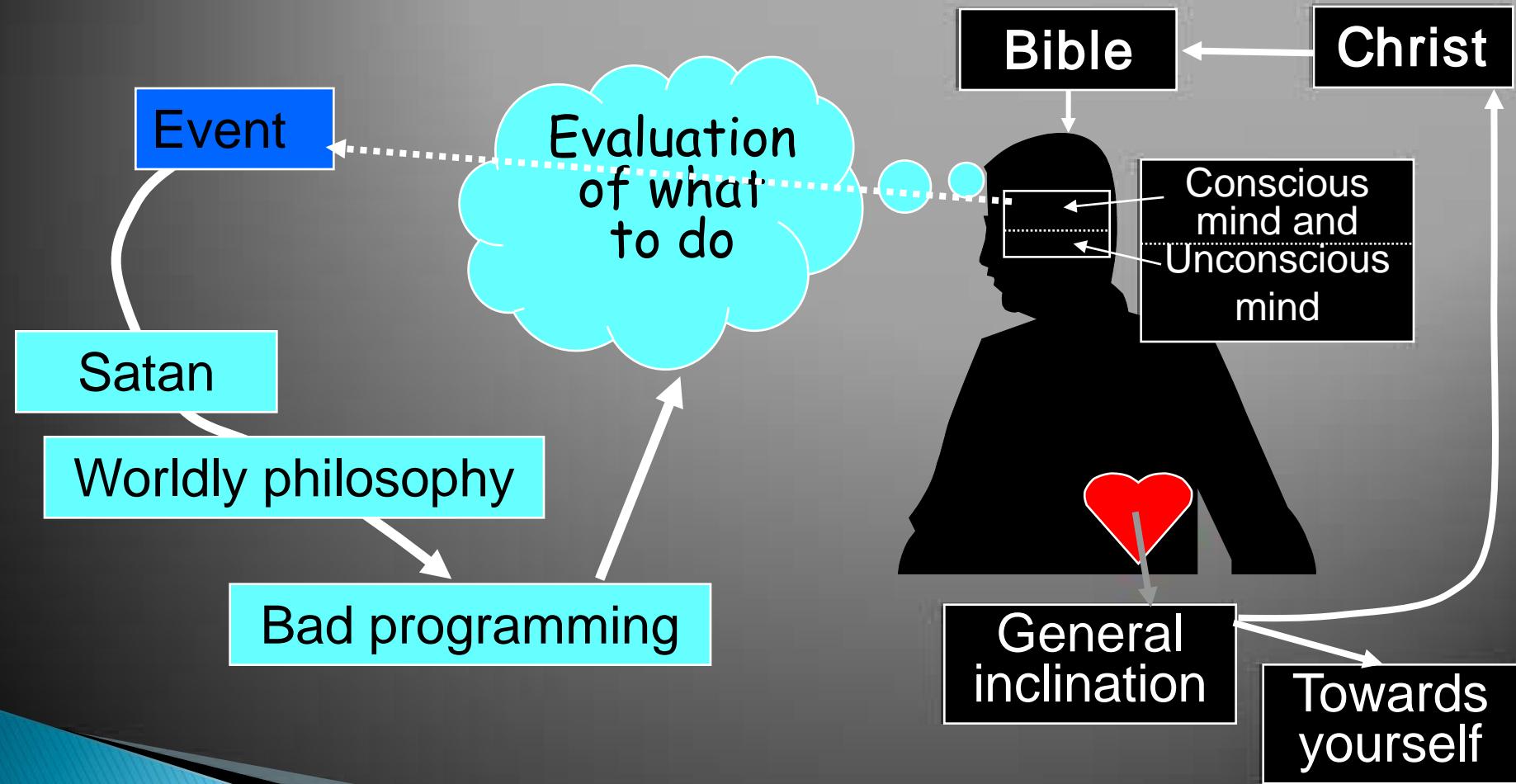
# False ideas some insist in believing

- ▶ *I need to experience financial success in order to feel good*
- ▶ *I can't tolerate criticism because it makes me feel insecure and a failure. Everyone should approve everything I do.*
- ▶ *My security depends upon my spiritual maturity.*
- ▶ *I cannot be a failure if I am going to respect myself.*
- ▶ *I believe that my significance depends upon my developed talent, so I do whatever is necessary to accomplish it.*
- ▶ *If I still can't accomplish it, my incapacity will be a threat, so ...*
  - *I will duplicate my effort in practice*
  - *I will think of an excuse to cease practicing (accident, sickness). I will say, "I could have been a great \_\_\_\_\_, if it were not for \_\_\_\_\_"*
  - *I am retire from this activity or dedicate myself to another activity or retire from everything so I don't feel like a failure.*

# Resistance to being honest with yourself

- ▶ An idea has been years in formation, and reinforced by experiences and observations.
- ▶ They are more than logical ideas, rather are affective (formed with emotions) and cognitive (formed through personal reasoning)
- ▶ The value of the relationship with the counselor and the confidence that he will not make me feel rejected are vital.
- ▶ Deceiving yourself is difficult to admit (denial) because of pride and self-esteem.

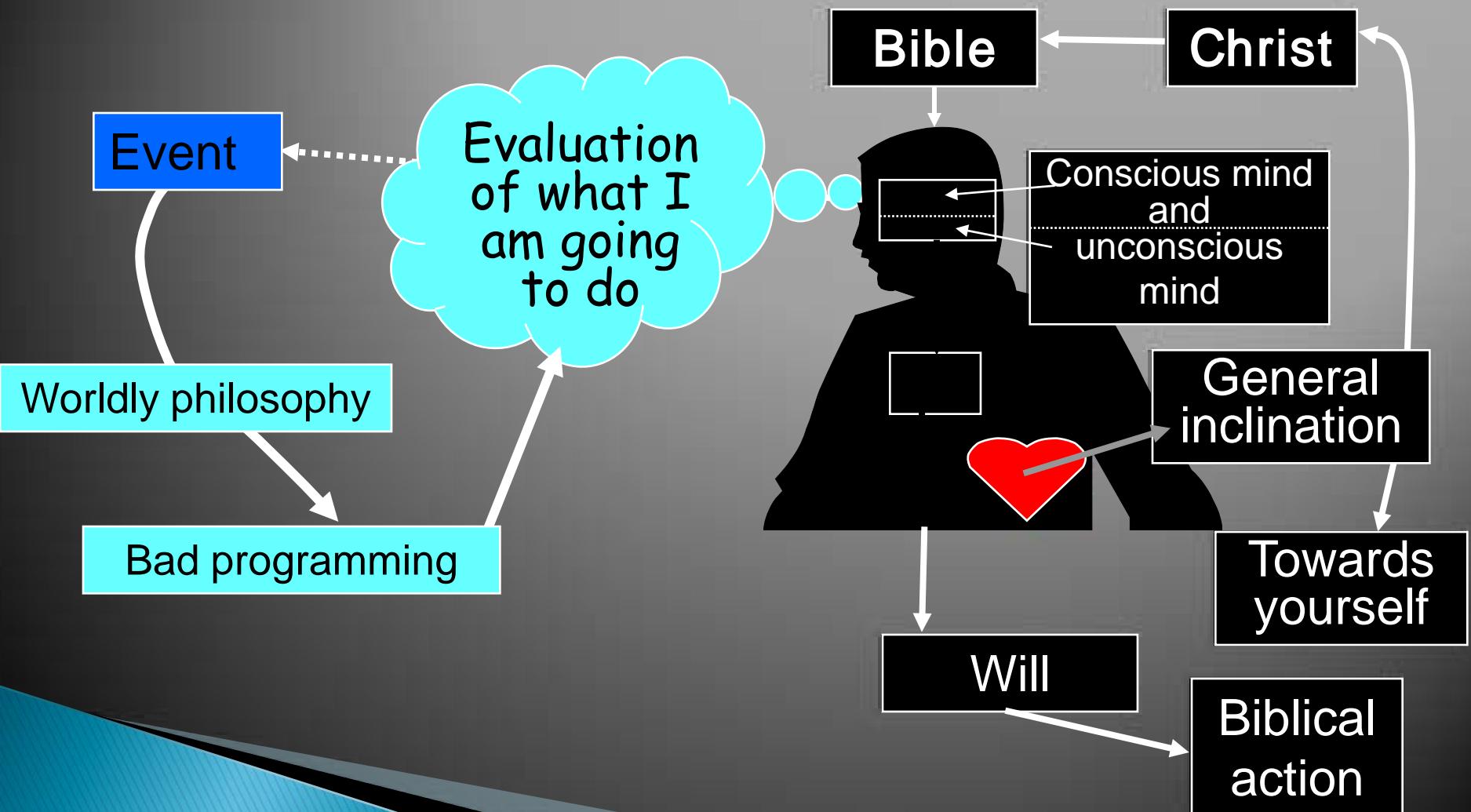
# Influence of the Heart



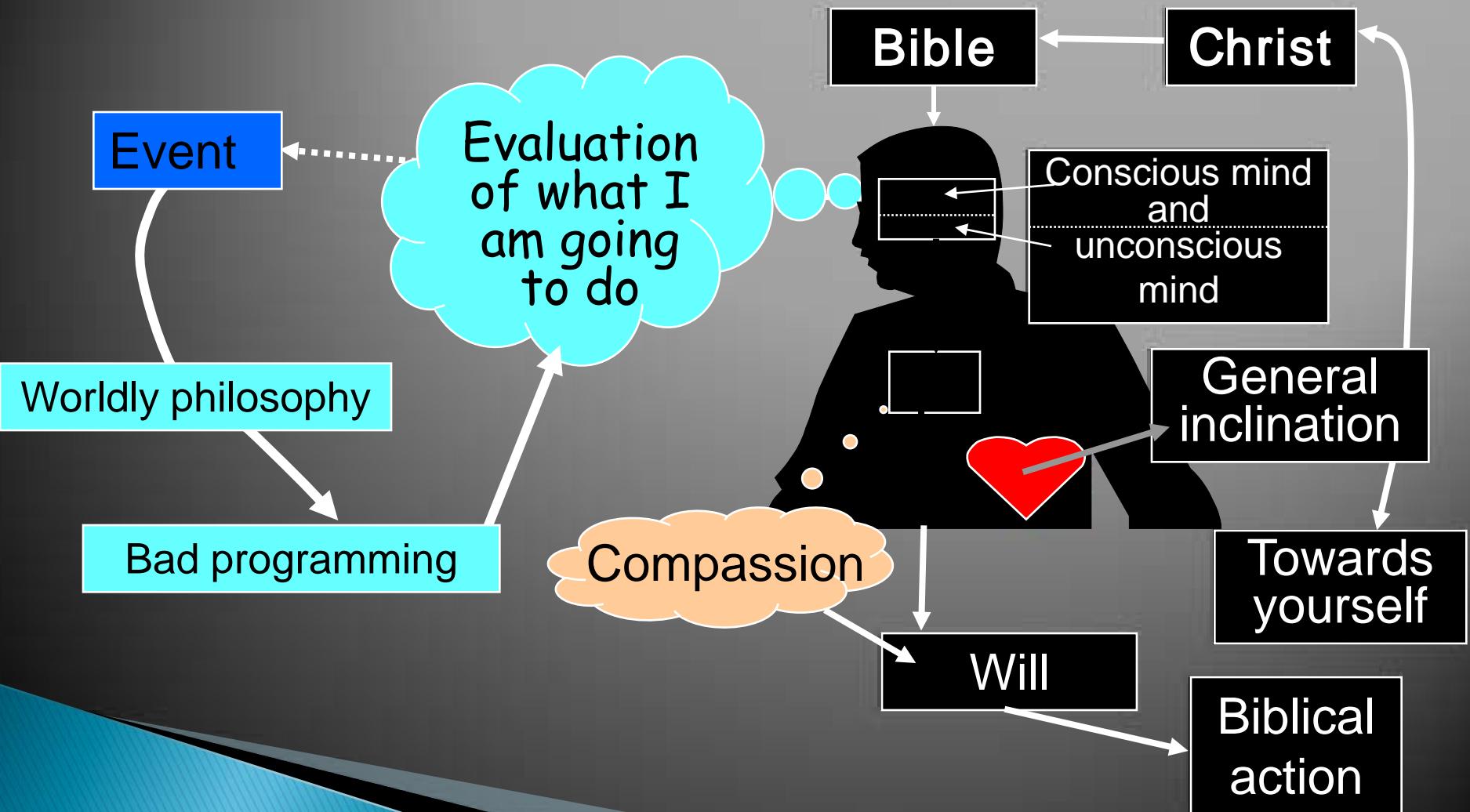
# Response of a Biblical Heart

*My security and significance as a person depend only upon my relationship with Christ. Although I don't enjoy feeling rejected now (etc.), my value as a person still has not been touched. My present experience is not a desaster to me personally. I know that God can make a good result from every circumstance; so , I will continue and will trust even more in Him, and I will try to respond Biblically without quitting (Fil 1:12-18)*

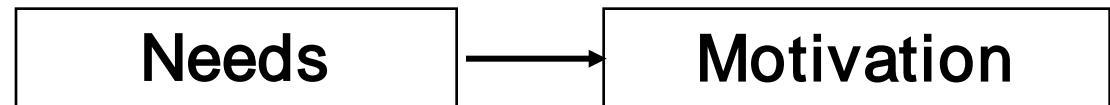
# Will of Man



# Compassion, *inward affection*



# Development of problems



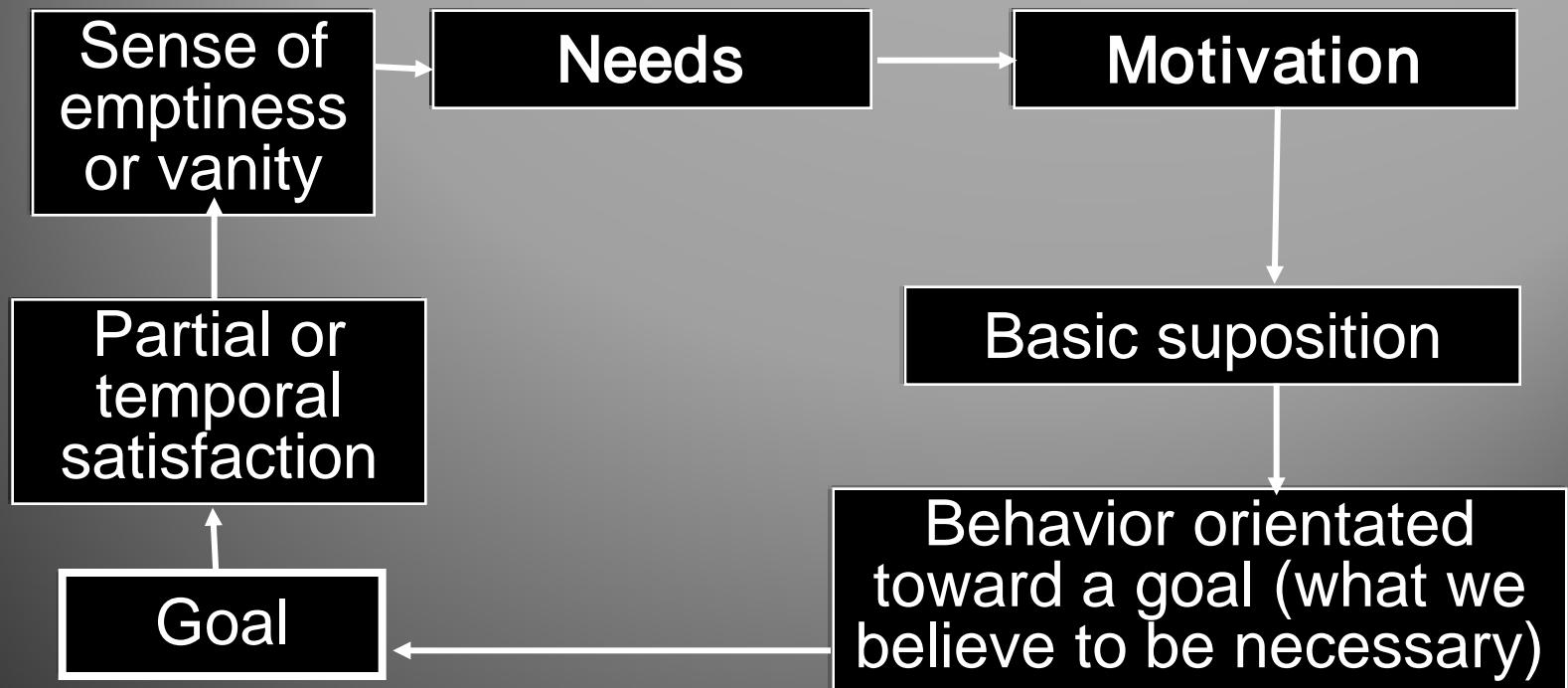
## ► ***I will be significant if ...***

- *I have money*
- *I'm the best or most distinguished*
- *I never make a mistake*
- *My children behave well*
- *I am included in important circles*

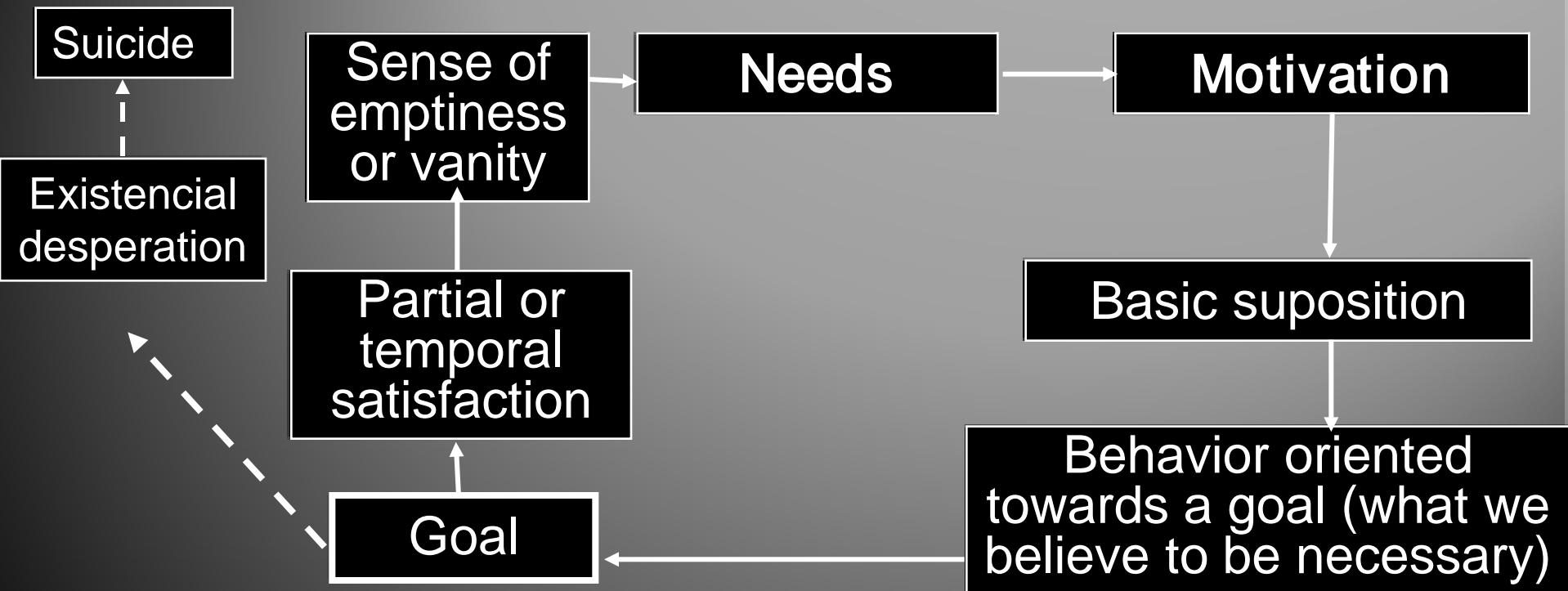
## ► ***I will be secure if ...***

- *I have a mate that loves me*
- *No one ever criticizes me*
- *Everyone accepts me*
- *My situation never changes and I continue secure in my business*

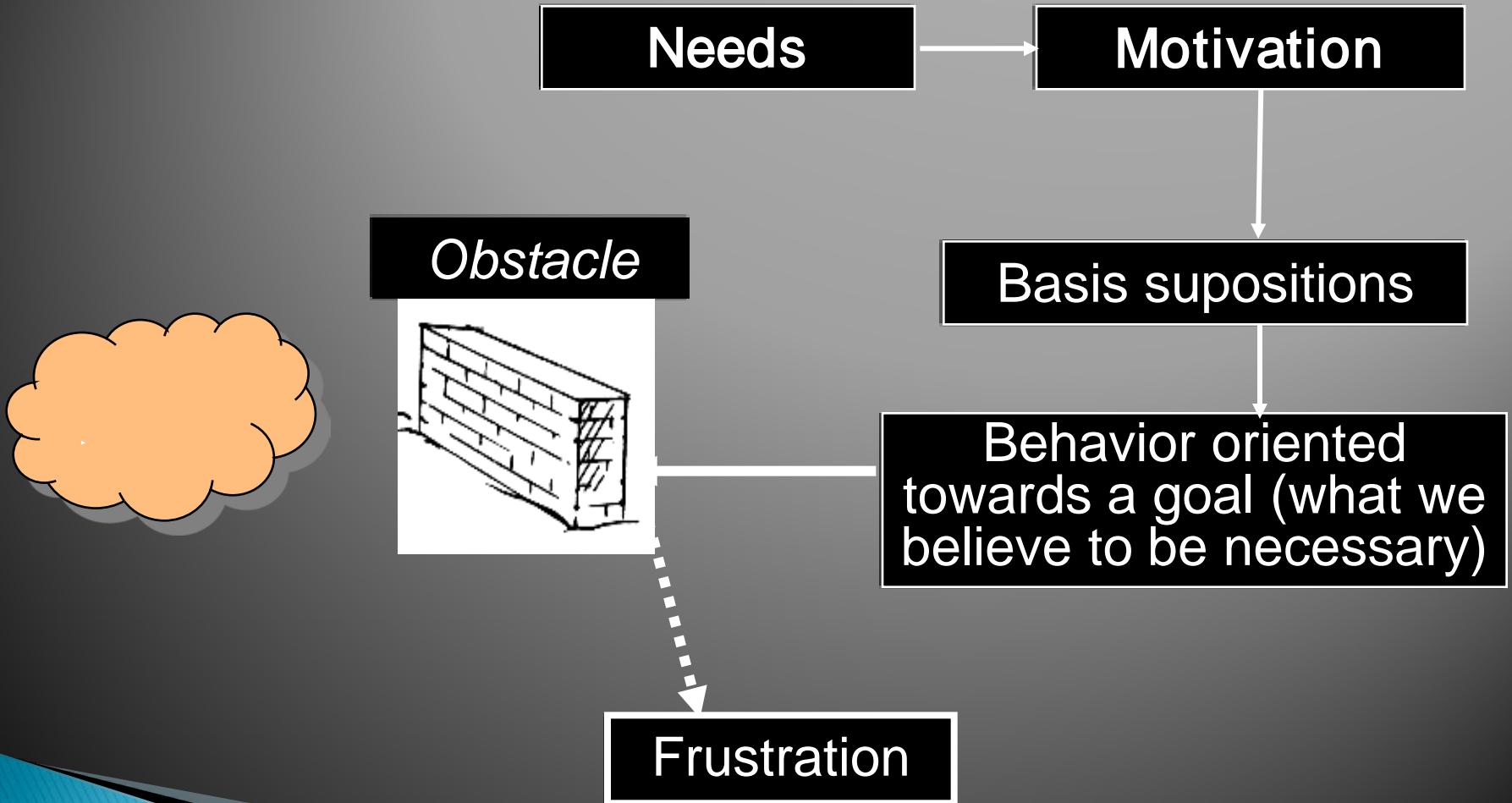
# Continuation of the problem



# Extreem consequences of problem



# Manifestation of the problem



# Categories of frustration-reactions to problems of reaching goals

1. Unreachable goals - - - - - → Guilt
2. External circumstances - - → Resentment
3. Fear of failure - - - - - → Depression,  
anxious